

Career Planning

[insert presenter info]





Because I am pregnant, I cannot separate from the Army until after my baby is born.

TRUE



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After I separate from the Army, I can have my baby at any hospital I choose and the Army will pay for it.

TRUE

FALSE



Can I take leave to go home and have my baby?



No



Yes, with no restrictions



Yes, but it is up to your commander's discretion

If I am enlisted, where do I get maternity uniforms and how much will they cost?



You must purchase them at the clothing sales store at the usual cost



You will be issued maternity uniforms which you may keep



You will be issued maternity uniforms which you must return after your convalescent leave

While I am pregnant I can be reassigned to any post in the world







When does my BAS and BAQ start?



Your BAS and BAQ start as soon as you know you are pregnant.

Your BAS and BAQ will start at 7 months and you must also move out of the barracks at that time.





I cannot be separated from the Army for unsatisfactory performance, misconduct, or parenthood while I am pregnant.

TRUE







If I am going to be a single parent or am part of a dual military couple, are there any special considerations?









The Women, Infant, and Children program (WIC) is only for civilians. The military has its own program.

TRUE

FALSE

I am exempt from PT while I am pregnant.

TRUE



I am exempt from duty rosters (for example CQ, SDNCO, SDO) while I am pregnant.







Community Health Nurse Directorate of Health Promotion & Wellness US Army Center for Health Promotion & Preventive Medicine

